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# Stages of Recovery

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**From Injury Toward Independence**

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# After completion of this module, the learner will be able to:

- Identify:
  - the basic stages of recovery.
  - the steps in the rehabilitation continuum.
  - major assessment tools used to communicate diagnosis & prognosis.
  - factors which influence recovery.
  
- Explain:
  - Factors which influence recovery:
    - Plasticity.
    - New Growth.
    - Rerouting.
    - Time.
    - Healthy Living.
    - The Team.
    - The Individual.

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# Pre-Quiz – Part 1

True or False.

- \_\_\_ 1. No two people recover from TBI in the same manner.
- \_\_\_ 2. Rancho Los Amigos and Glasgow Coma Scale are the only two scales for measuring recovery from TBI.
- \_\_\_ 3. An individual's work ethic can affect his/her recovery.
- \_\_\_ 4. Recovery is measured by extent and pace.
- \_\_\_ 5. Formal rehabilitation is time-limited regardless of the severity of the injury.
- \_\_\_ 6. Recovery happens in the six months after the injury.
- \_\_\_ 7. Social integration is a major tenet of rehabilitation.
- \_\_\_ 8. Rehabilitation begins in the emergency room and/or intensive care unit.
- \_\_\_ 9. An individual with TBI experiences Kubler-Ross's stages of grief in the loss of their "old self."
- \_\_\_ 10. Plasticity only applies to children's brains.

# Pre-Quiz – Part 2

Put these levels of care in order beginning with care given immediately following the injury.

- \_\_\_\_\_ a. Independent Living Program
- \_\_\_\_\_ b. Sub-acute rehabilitation
- \_\_\_\_\_ c. Out-patient therapy
- \_\_\_\_\_ d. Day treatment
- \_\_\_\_\_ e. Emergency room
- \_\_\_\_\_ f. Home health services
- \_\_\_\_\_ g. Intensive care unit
- \_\_\_\_\_ h. Community re-entry
- \_\_\_\_\_ i. Acute rehabilitation

True or False.

Indicate whether each of these items is a factor in an individual's recovery.

- \_\_\_ 1. quality of insurance coverage
- \_\_\_ 2. sense of humor
- \_\_\_ 3. communication within the team
- \_\_\_ 4. insight into impairment(s)
- \_\_\_ 5. ability to admit having a TBI
- \_\_\_ 6. person-centered programming
- \_\_\_ 7. knowledge of rehabilitation systems
- \_\_\_ 8. pre-injury health
- \_\_\_ 9. time
- \_\_\_ 10. blaming

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# Worksheet 1

1. Describe the magnitude of TBI in the United States.
2. Explain the risk of TBI after the individual has experienced his/her first TBI.
3. What are the major goals of rehabilitation after TBI?
4. Explain the potential length of rehabilitation and recovery after TBI.
5. Discuss the pros and cons that “no 2 professional fields measure stages of recovery with the same scales or levels.”

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# Worksheet 2

Briefly explain how each of these scales work:

1. Disorders of Consciousness Scale (DOCS):
2. Glasgow Coma Scale (GSC):
3. Rancho Los Amigos Scale (RLA):
4. National Institute of Neurological Disorders and Stroke:
5. American Speech-Language-Hearing Association:

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# Worksheet 3

Using the Stages of Recovery – Emotional, Family Adjustment, and Grief, explain:

1. the potential for family conflict during an individual's recovery.
2. How individuals and family members being at different points in the emotional stages of recovery can affect rehabilitation and recovery.
3. the impact of loss of the “old self” on the individual and his/her family.
4. the effects of denial – both positive and negative.
5. which may be the more challenging to rehabilitate and recover from – the emotional or physical impact of TBI.

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# Worksheet 4

Factors in Recovery, explain:

1. the concepts of “pace” and “extent” in recovery and rehabilitation.
2. the difference(s) among plasticity, new growth, and rerouting.
3. what the “ideal” candidate who would maximize TBI rehabilitation would look like.
4. how an individual and family can affect external factors in TBI recovery and rehabilitation.
5. how pre-injury self affects rehabilitation and recovery.

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# Worksheet 5

Define each of these terms:

1. Olfactory
2. Proprioception
3. Vestibular
4. Auditory
5. Tactile
6. Plateau
7. Persistent vegetative state
8. Sequelae
9. Psycho-social adaptability
10. Plasticity

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# Post-Quiz – Part 1

True or False.

- \_\_\_ 1. No two people recover from TBI in the same manner.
- \_\_\_ 2. Rancho Los Amigos and Glasgow Coma Scale are the only two scales for measuring recovery from TBI.
- \_\_\_ 3. An individual's work ethic can affect his/her recovery.
- \_\_\_ 4. Recovery is measured by extent and pace.
- \_\_\_ 5. Formal rehabilitation is time-limited regardless of the severity of the injury.
- \_\_\_ 6. Recovery happens in the six months after the injury.
- \_\_\_ 7. Social integration is a major tenet of rehabilitation.
- \_\_\_ 8. Rehabilitation begins in the emergency room and/or intensive care unit.
- \_\_\_ 9. An individual with TBI experiences Kubler-Ross's stages of grief in the loss of their "old self."
- \_\_\_ 10. Plasticity only applies to children's brains.

# Post-Quiz – Part 2

Put these levels of care in order beginning with care given immediately following the injury.

- \_\_\_\_\_ a. Independent Living Program
- \_\_\_\_\_ b. Sub-acute rehabilitation
- \_\_\_\_\_ c. Out-patient therapy
- \_\_\_\_\_ d. Day treatment
- \_\_\_\_\_ e. Emergency room
- \_\_\_\_\_ f. Home health services
- \_\_\_\_\_ g. Intensive care unit
- \_\_\_\_\_ h. Community re-entry
- \_\_\_\_\_ i. Acute rehabilitation

True or False.

Indicate whether each of these items is a factor in an individual's recovery.

- \_\_\_ 1. quality of insurance coverage
- \_\_\_ 2. sense of humor
- \_\_\_ 3. communication within the team
- \_\_\_ 4. insight into impairment(s)
- \_\_\_ 5. ability to admit having a TBI
- \_\_\_ 6. person-centered programming
- \_\_\_ 7. knowledge of rehabilitation systems
- \_\_\_ 8. pre-injury health
- \_\_\_ 9. time
- \_\_\_ 10. blaming

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# Post-Quiz – Part 3

## Explain:

1. how the following scales aid in measuring TBI recovery:
  - a. Disorders of Consciousness Scale (DOCS):
  - b. Rancho Los Amigos Scale (RLA):
  - c. Glasgow Coma Scale (GSC):
  - d. Disability Rating Scale (DRS):
2. the emotional stages of recovery.
3. the family adjustment stages.
4. biological factors in recovery.
5. individual factors affecting recovery.

# Learning Outcomes Checklist

Can you:

Identify:

- the basic stages of recovery
- the steps in the rehabilitation continuum
- major assessment tools used to communicate diagnosis & prognosis
- factors which influence recovery

Explain

Factors which influence recovery:

- Plasticity
- New Growth
- Rerouting
- Time
- Healthy Living
- The Team
- The Individual